

Washington State Behavioral Health Treatment and Recovery Support Services Utilization

Roadmap to Recovery Planning Grant Current State Assessment

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Thurston County Opioid Response Task Force

Background

- **In September 2019, the Centers for Medicare and Medicaid Services (CMS) awarded Washington state \$3.8 million under the §1003 SUPPORT ACT to develop a policy framework.**
- **DSHS-RDA conducted a Current State Assessment to gain insight into:**
 - Prevalence of SUD/ODD diagnoses.
 - Utilization of SUD/ODD treatment.
 - Physical health and social outcomes among those with behavioral health diagnoses.
- **Population: Medicaid beneficiaries, ages 0-64, in State Fiscal Year (SFY) 2019.**

Three Key Findings

The prevalence of SUD and OUD diagnoses among Medicaid beneficiaries varies depending on the population.

While use of treatment has increased from SFY2017 to SFY2019, there is considerable variability in the type of treatment received.

Medicaid beneficiaries with SUD and OUD diagnoses have worse physical health and social outcomes.

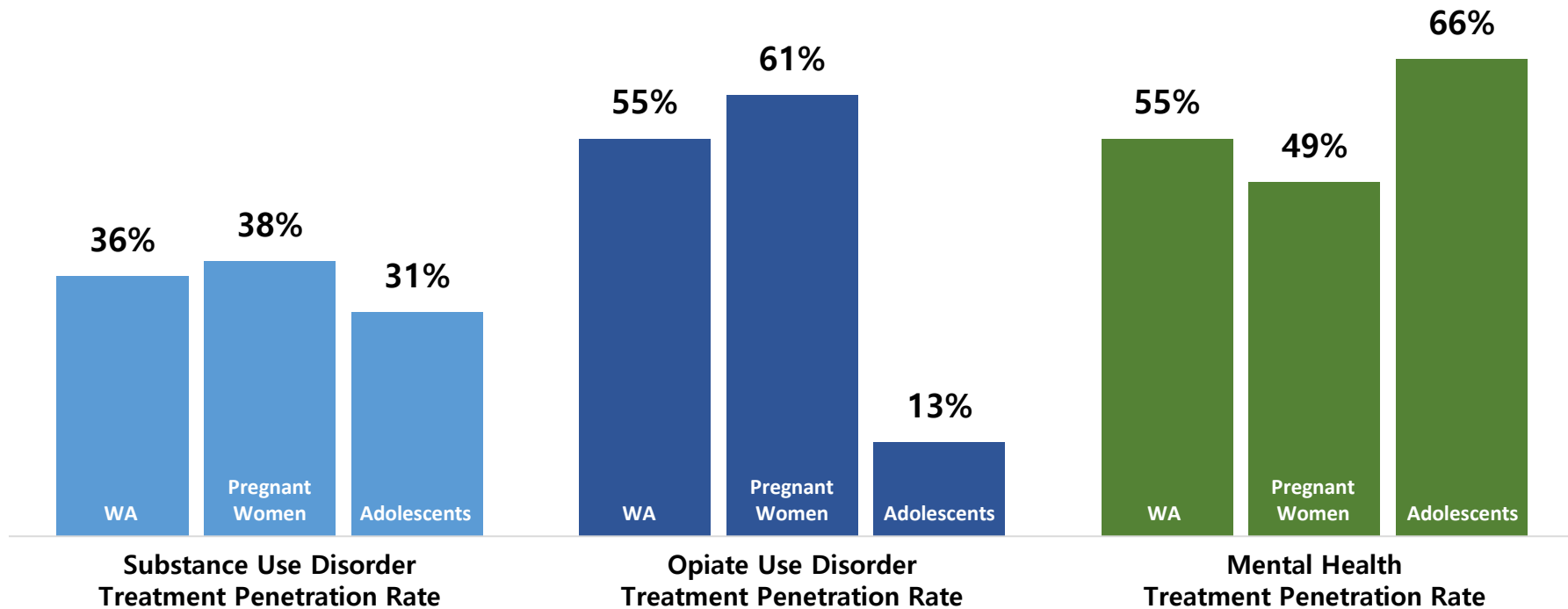


Select Findings

Full report is available at:

<https://www.dshs.wa.gov/node/32432>

SFY 2019 Treatment Penetration Rates for Pregnant Women and Adolescents vs Statewide Rate



Variation in SUD Treatment Modalities by Geography in SFY 2019

	Percent with a Diagnosis of SUD who Received Type of Treatment					Percent with a Diagnosis of OUD who Received Type of Treatment				
	Outpatient	Inpatient/ Residential	Buprenorphine	Naltrexone	Methadone	Outpatient	Inpatient/ Residential	Buprenorphine	Naltrexone	Methadone
Washington	25%	6%	12%	3%	7%	38%	10%	32%	8%	18%
Great Rivers IMC*	27%	4%	15%	2%	8%	37%	6%	39%	6%	20%
Thurston-Mason IMC*	23%	5%	11%	4%	7%	34%	8%	30%	12%	19%
Thurston County*	22%	5%	11%	5%	6%	32%	8%	30%	14%	18%
Mason County	27%	5%	11%	4%	8%	41%	8%	28%	9%	20%

*Indicates at least one Opioid Substitution Treatment Program located within the area as of April 2020.

Social Outcomes in SFY 2019 among Medicaid Beneficiaries with and without Behavioral Health Diagnoses

Medicaid Beneficiaries without any Behavioral Health Diagnoses		Medicaid Beneficiaries with a diagnosis of...				
		SUD	OUD	MH	SMI	COD
Percent Homelessness (Narrow - Homeless without Housing)	3%	16%	20%	8%	10%	18%
Percent Homelessness (Broad - Homeless without Housing or Unstably Housed)	7%	31%	37%	17%	20%	34%
Percent Employed	49%	40%	35%	44%	41%	38%
Percent Arrested	3%	21%	26%	9%	11%	21%

Conclusion

- Overall, this descriptive analysis highlights the current variability in prevalence, treatment, and outcomes among Medicaid beneficiaries with an SUD or OUD diagnosis.
- The goal of the §1003 SUPPORT ACT is to develop a policy framework to guide the advancement of statewide, whole-person, integrated SUD treatment and recovery support services.
- Understanding the prevalence of SUD, the variation in treatment, and the disparate physical health and social outcomes among those with behavioral health diagnoses is critical to identifying opportunities for improvement.



Questions?

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Technical Notes

Complete technical notes can be found at the end of the full report here: <https://www.dshs.wa.gov/node/32432>

STUDY POPULATION

- **Adult (age 18-64) and Youth (0-17) individuals enrolled in Title XIX Medicaid are the focus on this analysis:**
 - Medicaid beneficiaries with a non-Medicaid primary health care coverage (also referred to as third-party liability) or who were dually eligible for Medicare and Medicaid were excluded from the analyses, as complete health care information may not be available for these individuals. Analyses were further restricted to individuals who met minimum Medicaid enrollment criteria (11 out of 12 months in the measurement year) to meet eligibility requirements for the treatment penetration rates and the physical health outcome metrics.
- **This report focuses on individuals who have been diagnosed with substance use disorder and/or opioid use disorder:**
 - Substance Use Disorder is defined as the presence of a substance use disorder diagnosis within the measurement year, or the year prior to the measurement year.
 - Opioid Use Disorder Diagnosis is defined as the presence of an opioid use disorder diagnosis within the measurement year or the year prior to the measurement year.
- **Two populations of interest, as defined in the SUPPORT ACT planning grant, were also examined:**
 - Pregnant and Postpartum Women are defined as the presence of any pregnancy or delivery related diagnosis code within the measurement year. To ensure consistency with current Medicaid eligibility definitions, postpartum is defined as the 60 days after a delivery. Women who had given birth within the last 60 days but did not have a pregnancy or delivery related diagnosis within the measurement year were included to capture the 60 day postpartum time period. For example, if a woman gave birth in June 2018, she would be included in the SFY 2018 population (pregnant) and the SFY 2019 population (postpartum).
 - Adolescents defined as individuals aged 13 to 18 years old as of the last day of the measurement year.

MEASURES

- **Treatment Penetration Rates:** Reported measures adhere to [DSHS-RDA 2019 Specifications](#).
- **Five treatment modalities were examined in this report:** outpatient, inpatient/residential, buprenorphine (with and without naloxone), naltrexone, and methadone. Detailed information about treatment modalities can be found in the [Service Encounter Reporting Instructions](#). Additional treatment modalities, evidence based approaches, and screenings, such as Screening, Brief Intervention, and Referral to Treatment (SBIRT), were not included due to limited prevalence in the population and/or known underreporting issues.
- **Social Outcomes:** Reported measures adhere to [DSHS-RDA 2019 Specifications](#).